



The Basics of Psychotherapy: An Introduction to Theory and Practice (Theories of Psychotherapy)

By Bruce E. Wampold

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In *The Basics of Psychotherapy: An Introduction to Theory and Practice*, author Bruce E. Wampold presents essential background necessary for understanding the role of theory in therapy, and shows how understanding psychotherapy theory is the first step to becoming an effective therapist. Psychotherapy has existed in some form since the late 19th century, and has evolved over the course of a century to include a great variety of theories. Wampold explores the history of psychotherapy theory and its role in practice, and then gives readers the tools to understand the vast array of theories in current use. This book answers practical questions: What is the role of theory, and how does it relate to psychotherapy practice? Are some theories more valid than others? Does psychotherapy work? If psychotherapy works, how does it work and how do we know it works? How does a new practitioner choose a theoretical orientation? This fascinating discussion about the basics of psychotherapy and the theory that grounds it provides readers with everything necessary for making sense of and finding their place in this vital and ever-changing field. Whether encountering psychotherapy theory for the first time as a student or returning as a seasoned practitioner to reevaluate the great variety of theories, this book is an indispensable guide. *The Basics of Psychotherapy* may be read before other books in the *Theories of Psychotherapy Series* as an introduction to psychotherapy and its theoretical grounding. As such, it may be considered the first book to assign in a graduate theories course, or as a book that can be read with any other books in this series to provide a general view of psychotherapeutic theory.

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Editorial Review

About the Author

Bruce Wampold is a licensed psychologist and diplomate in counseling psychology of the American Board of Professional Psychology. He received his PhD from the counseling psychology program at the University of California, Santa Barbara, in 1981 and joined the University of Wisconsin Madison faculty in 1991. He has been a faculty member in the counseling psychology programs at the University of California, Santa Barbara; the University of Utah; and the University of Oregon. Prior to his doctoral studies, he was a junior and senior high school mathematics teacher, counselor, and coach.

Currently, Dr. Wampold's area of interest is in the efficacy of counseling and psychotherapy. He has published various meta-analyses and analyses of data from naturalistic settings that have demonstrated that the efficacy of psychotherapy emanates from the contextual features and not the specific ingredients. This work culminated in the book *The Great Psychotherapy Debate: Models, Methods, and Findings*. His research has been published in *Psychological Bulletin*, *Journal of Consulting and Clinical Psychology*, *Journal of Counseling Psychology*, *Journal of Clinical Psychology*, and *Journal of Affective Disorders*, among others.

Dr. Wampold is the 2007 recipient of the APA Award for Distinguished Professional Contributions to Applied Research; the 2008 Lifetime Achievement Award, Section on the Promotion of Psychotherapy Science, Society of Counseling Psychology (Division 17 of APA); and the 2008 Distinguished Psychologist Award, Division 29 (Psychotherapy). He is an APA fellow of Divisions 12 (Society of Clinical Psychology), 17 (Society of Counseling Psychology), 29 (Psychotherapy), and 45 (Society for the Psychological Study of Ethnic Minority Issues); was vice president of the Society of Counseling Psychology for Scientific Affairs; and is past associate editor of *Journal of Counseling Psychology* and *Behavioral Assessment*.

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